

ONE WEEK

****One Week Campers DO NOT NEED a backpack for overnight camping.****

TO CAMP

- ☐ 1 pillow and pillow case
- ☐ 1 twin flat sheet
- ☐ 1 twin fitted sheet
- ☐ 1 warm blanket or quilt
- ☐ twin mattress pad (optional)
- ☐ 2 bath towels / 1 washcloth
- ☐ 4-5 pairs of shorts
- ☐ 5 shirts
- ☐ 2 pairs of long pants – jeans or lightweight hiking pants
- ☐ 5 pairs of underwear
- ☐ 2 sets of pajamas
- ☐ 5-6 pairs of socks – at least 1 wool
- ☐ 1 fleece (*retains warmth when wet*)
- ☐ 1 sweatshirt
- ☐ 2 bathing suits (*appropriate swimwear*)
- ☐ 2 pairs of tennis shoes with tread or one tennis and one broken in pair of hiking boots
- ☐ 1 pair of water sandals with heel straps
- ☐ 1 pair of flip flops for shower
- ☐ 1 rain jacket (*plastic ponchos are easily torn*)
- ☐ 1 flashlight or headlamp & batteries
- ☐ 2 one quart reusable water bottles
- ☐ 1 daypack or backpack for day hikes (large enough to hold a water bottle, raincoat, notebook etc)
- ☐ 2 heavy duty kitchen trash bags for wet clothes
- ☐ Toiletry items: soap, toothbrush, toothpaste, shampoo, etc.
- ☐ Sunscreen
- ☐ Sun hat
- ☐ Stationary, stamps, pen
- ☐ Labeled non-mesh laundry bag
- ☐ GRP Walking Stick (if already received after 4 years at camp)